



LOS ANGELES SCHOOL OF GYMNASTICS

**"ADULT CLASSES ARE AN EXCELLENT WAY TO STAY IN SHAPE"
 -- EXPERTS SAY!**

Stretching, jumping, running and tumbling are all part of an overall physical agenda that can reduce the risk in many diseases. Our 1 1/2 hour lesson conducted by safety-certified instructors is an excellent opportunity to avoid the "standard gym" and get in shape in a comfortable environment. This co-ed class begins with a warm-up period, and then you will work with an instructor at your own pace. You can pay as you choose to attend. No commitment. If this doesn't whip you into shape, nothing will!



JOIN NOW!

Join the most popular adult gymnastics class in town that incorporates balance, flexibility, stretching and strength while maintaining and enhancing your gymnastics abilities. It is the perfect workout that uses every muscle in your body and helps develop gymnastics skills for all levels. Fun, rigorous, and challenging for the old gymnast or any adult that wants to experience an exciting way to exercise. Your body will feel great and your friends will be impressed. EveryBODY is welcome!

Adult Class Schedule

Monday: 1pm - 2:30pm
 Monday, Tuesday, Wednesday, & Thursday: 7:30pm - 9pm
 Friday: 12pm - 1:30pm
 Sunday: 1:30pm - 3pm

DEBIT/
 CREDIT

\$22

/CLASS

CASH
 ONLY

\$20

/CLASS

PLEASE CONTACT US FOR MORE INFORMATION